

Health benefits of raspberries

- Delicious raspberries are low in calories and saturated fats but are rich source of dietary fiber and antioxidants. 100 g berries contain just 52 calories but provide 6.5 g of fiber (16% of daily recommended intake).
- Raspberries have significantly high levels of phenolic flavonoid phytochemicals such as *anthocyanins*, *ellagic acid (tannin)*, *quercetin*, *gallic acid*, *cyanidins*, *pelargonidins*, *catechins*, *kaempferol* and *salicylic acid*. Scientific studies show that these antioxidant compounds in these berries have potential health benefits against cancer, aging, inflammation, and neuro-degenerative diseases.
- **Xylitol** is a low-calorie sugar substitute extracted from raspberries. A teaspoonful of xylitol contains just 9.6 calories as compared to that of sugar, which has 15 calories. Xylitol absorbs more slowly in the intestines than sugar and does not contribute to high glycemic index, and thus, can be helpful in diabetics.
- Fresh raspberries are an excellent source of **vitamin-C**, which is also a powerful natural antioxidant. 100 g berries provide 26.2 mg or about 47% of DRI of vitamin C. Consumption of fruits rich in vitamin C helps the body develop resistance against infectious agents, counter inflammation, and scavenge harmful free radicals.
- Raspberry contains anti-oxidant vitamins like vitamin A, and vitamin E. In addition to the above-mentioned antioxidants, is also rich in several other health promoting flavonoid poly phenolic antioxidants such as *lutein*, *zea-xanthin*, and *β -carotene* in small amounts. Altogether, these compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes.
- Raspberry has an **ORAC value** (oxygen radical absorbance capacity) of about 4900 per 100 grams, crediting it among the top-ranked ORAC fruits.
- Raspberries contain a good amount of minerals like potassium, manganese, copper, iron and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*. Copper is required in the production of red blood cells.
- They are rich in B-complex group of vitamins and vitamin K. The berries contain very good amounts of vitamin B-6, niacin, riboflavin, and folic acid. These vitamins are function as co-factors and help body in the metabolism of carbohydrates, protein and fats.